

Great Earth Vitamins We're Still Here!!



Lidia James, vitamin consultant at Great Earth Vitamins in La Mesa

15% OFF* any purchase with your next visit

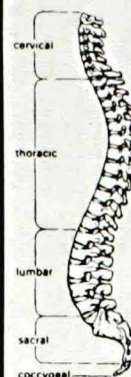
Check out our expanded herb selection



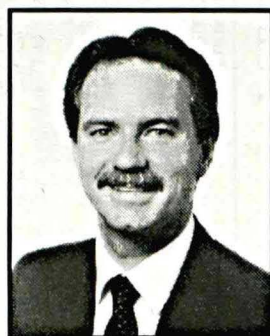
La Mesa

next to Lucky • 461-9021
7918 El Cajon Blvd. (at Baltimore)

* not valid with other offers



Hey California... Who's Your Doctor of Chiropractic?



Dr. Alan Tutbill

8790-G Cuyamaca St. • Santee

- Auto accidents
- Work injuries
- Family practice

Armed with the latest research, we offer our patients appropriate treatment of muscle, joint and nerve conditions. Low back pain, neck pain, headaches, arm & leg pain can benefit from our care. We are the Preferred or Exclusive Providers for most Managed Care insurance plans in the area. Call for your immediate appointment:

258-1144

Tuesday, November 10, 1998

**Tuesday
LIVE!**

Sports  Fitness  Recreation

BULK RATE
U.S. POSTAGE
PAID
LA MESA, CA.
PERMIT NO. 188

THE LEMON GROVE

REVIEW



Changing the 'E' in P.E. to 'Exercise'

by Jason Williams

According to physical education teachers and experts, obesity is becoming a major problem among youngsters and emphasis on physical exercise is badly needed.

Times have changed since today's parents were children; in many ways it is a whole new world: baseball after school is played on Super Nintendo rather than a sandlot and mom is at work rather than fixing a healthy after-school snack.

Healthy exercise and nutritious foods are no longer as popular as they used to be, and technological advances are taking the effort out of just about everything.

Technology is not entirely at fault. A reduction in quality Physical Education plays a role and escalating costs to participate in community sports and athletic leagues is forcing out the lower income youth while staunch competition weeds out the unskilled.

As the focus is directed at those children starving around the world, no thought is being given about those youth who may be eating too much at home; obesity among adolescents in America is on the rise.

Obesity can be defined, very simply, as being overweight. The focus of obesity has turned from a primarily cosmetic scope to the acknowledgment that a sedentary lifestyle is a factor in many health-related problems.

These health risks are not apparent in adolescent-age children, but develop into life-threatening ailments in later life.

The overweight child can no longer be seen as simply an object for pity because they are harassed socially, but rather as an individual at risk and in need of a more healthy lifestyle.

"All the data points toward a rise in obesity among teenage and preteen children," said Dr. Thomas McKenzie, a professor of exercise and nutritional sciences at San Diego State University (SDSU).

According to Dr. McKenzie there are three major contributing factors to obesity: biological, or inherited potential, reduced physical activity and overeating, particularly of foods high in fat.

"Calories you don't burn, you wear," he said, adding that children today are not as active as their parents were at their age.



At Parkway Middle School in La Mesa, students get their exercise by participating in a "non-competitive" game as part of an exercise program taught by physical education teacher Deborah Brown.

Photo by Jason Williams

"Reduction of quality physical education, expansion of technology - television - and you have to consider who is at risk: females; certain minorities; the poor, due to rising costs of organized sports; and the competitive nature of league sports rising, creating a drop off rate of unskilled youth at the higher levels," the doctor noted.

Deborah Brown teaches physical education at Park-

way Middle School in La Mesa and said she has also noticed a decline in physical activity among teens.

"There is not as much simple activity," said Brown, "and kids are being dropped off and picked up from school instead of walking or biking."

Brown has been teaching physical education for seven years and acknowledges

Continued on Page 213

Stop junk mail!

Shop out of the newspaper.

Did you know that everytime you respond to mass mail advertising, you send a signal that more businesses ought to be sending junk mail? Think about it. When you patronize newspaper advertisers, you send a message that businesses should advertise in newspapers.

What'll it be, a head full of knowledge or a mailbox full of junk?

Vol. 51, No. 20

B Words

by Bob Burns

Caltrans – You are doing it again ...

What has Caltrans got against Lemon Grove? Is it because we have the temerity to voice our opinions and to resist the will of that ponderous mega agency in its relentless conquest of our community? Are we such a burr under the saddle that we must be punished? Or, should I say, crushed like a bug?

With the Troy Street ramp defeat, it seems that we must be somehow put in our place. Now, they come up with the "catch basin" at Broadway and Sweetwater Road. I have to state that such an item NEVER was even hinted at in all of the previous plans and maps that were presented to us in the dozens of meetings regarding the 125 freeway. Where was this all this time? It looks like a last minute punitive backlash by the almighty highway giant to put us in our place. Is that what it is, Mr. Gallegos?

Catch basins do assuage the damage from flash flooding in our part of the country. We have woefully inadequate storm drain systems and, thankfully, they are only needed on rare occasions when we have a little rainfall.

The catch basin idea does make them less destructive by allowing water to accumulate and then released more slowly, avoiding the flash flood hazards.

On the flip side, the basins do breed mosquitoes, collect trash, endanger children and are a magnet for shopping carts.

It seems only logical to this mediocre mind that they should be strategically placed. Smack in the center of residential properties is not what that decision should be.

Why, Mr. CalTrans, do you not utilize the miles of cement lined drainage canals that were so expensively installed along Sweetwater Road some time ago. Why not place some baffles across the freeway at intervals with small holes near the base of the wall to restrict the flow of water? A sudden downpour would fill the series of catch basins and decrease the flow to a series of trickles instead of a flash flood.

By creating a, say two foot basin, every so often along the way, the danger would be averted. You already have the drainage ditch to accept the flow, so why not use it instead of creating a huge eyesore and danger to our community. Are you that mad at the Brookside people as well as us?

Now, it seems to me that a little common sense should be utilized here instead of heavy handed and power induced edicts. I think that a full investigation of this questionable idea should be made with hearings and some outside experts to tell us "the rest of the story."

We don't need Ken Starr, but there must be someone who can stand up to such monoliths as CalTrans and bring common sense and justice into play in such matters.

Our mayor and City Council should stand together and raise their voices in this matter and demand that they be included in such decisions, not blindsided by the highway dictators ...

How about it, Mary?

Lemon Grove Sheriff's Log

Oct. 15-16, 1998

8300 blk. Lincoln St. Residential burglary. \$260 value.

Oct. 16, 1998

7600 blk. Broadway. Auto theft. \$2,200 value.

7500 blk. Broadway. Commercial burglary. \$60 value.

Oct. 17-23, 1998

3400 blk. Washington Ave. Residential burglary. \$400 value.

Oct. 19, 1998

7900 blk. Broadway. Strong-armed robbery. \$71 value.

7500 blk. Broadway. Auto theft. Value unknown.

Oct. 19-20, 1998

1700 blk. Colfax Dr. Residential burglary. \$860 value.

1400 blk. San Altos Pl. Grand theft. \$1,200 value.

Oct. 20, 1998

7300 blk. Broadway. Auto theft. Value unknown.

7000 blk. Broadway. Commercial burglary. \$87 value.

Oct. 21, 1998

7200 blk. Canton Dr. Strong-armed robbery. \$60 value.

1400 blk. Madera St. Residential burglary. \$780 value.

Oct. 22, 1998

1800 Massachusetts Ave. Auto theft. Value unknown.

7500 blk. Broadway. Vehicle burglary. \$2,809 value.

1400 blk. Madera St. Auto theft. \$7,000 value.

Oct. 23, 1998

2000 blk. Dayton Dr. Auto theft. Value unknown.

7600 blk. Lemon Ave. Vehicle burglary. \$25 value.

1700 blk. San Altos. Petty theft. \$150 value.

Oct. 24, 1998

3400 blk. Washington St. Residential burglary. \$100 value.

Oct. 25, 1998

8000 blk. Broadway. Strong-armed robbery. \$237 value.

Oct. 26, 1998

4900 blk. Federal Blvd. Petty theft. \$40 value.

6900 blk. Federal Blvd. Petty theft. \$40 value.

Lemon Grove Fire Log

Oct. 18, 1998

8100 blk. Valley View Cir. Medical aid.

Hwy 94 WB/College Grove Way. Vehicle fire/freeway.

7800 blk. Broadway. Assault victim.

7100 blk. Broadway. Child locked in auto.

7900 blk. Broadway. Possible heart.

3200 blk. College Pl. Difficulty breathing.

7900 blk. Lemon Cir. Residential structure fire.

7900 blk. Palm St. Alarms ringing.

8100 blk. Lemon Grove Way. High fever.

The Lemon Grove Review

Box 127, Lemon Grove, CA 91946 • (619) 469-0101

Published Tuesdays and Thursdays. Adjudicated a newspaper of general circulation in Superior Court of State of California in and for San Diego County, December 5, 1949. Entered as Third Class matter in La Mesa, CA.

Adjudication Number 155392
\$20 yearly in San Diego County
\$40 yearly elsewhere in U.S.A.

Steven Saint, Publisher

Assistants to the publisher:
Cheryl Cohen, Trudy Thomas
Sports Editor: Mary Rosen
Contributing writers: Cheryl Cohen,
Michael Krawczak, Joe Naiman,
Paul Treske, Betty Jo Tucker,
Jason Williams

Submissions

Letters, editorial and photo submissions are welcome, but will not be returned to sender unless accompanied by self-addressed, stamped envelope.

Material can be sent via e-mail at the following address: yscmr@adnc.com.

All materials must be received by the Monday preceding the date of publication. The editor reserves the right to edit all submissions.

Advertising

All advertising is subject to current rate card. The publisher reserves the right to reject an advertiser's order.

Only publication of an advertisement shall constitute final acceptance.

Send all correspondence to: Forum Publications, Inc., P.O. Box 127, Lemon Grove, CA 91946

Lemon Grove Almanac

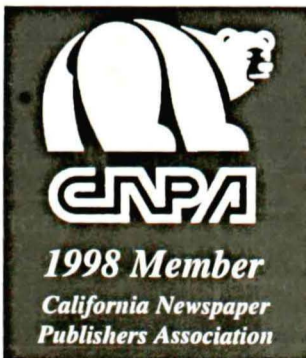
1994 Population: 25,100
Incorporated: 1977
Area: 3.75 sq. mi.
Median income: \$34,399
1996-97 city budget: \$26.3 million
1996 taxable sales: \$265 million

Mayor: Mary Teresa Sessom
Council: Thomas Clabby
Craig Lake
Dwight Shelley
Jill Greer

City Manager: Doug Yount
Planning Director: Linda Niles
City Attorney: Gloria McLean
City Clerk: Christine Taub
Sheriff's Capt.: Yolanda Collins

Congressional district:
52nd - Duncan Hunter
State Senate district:
40th - Steve Peace
State Assembly district:
77th - Steve Baldwin
Supervisory district:
2nd - Dianne Jacob

Libraries: 1
Post offices: 1
Parks: 4
Recreation centers: 1



'College is Possible' campaign on college financing launched

The Coalition of America's Colleges and Universities launched a national education campaign recently to enhance public knowledge about financing a college education. Nearly 1,200 colleges and universities will participate.

The campaign, called "College is Possible," will include efforts by local campuses to reach students and parents in their region, supported by a website, <http://www.CollegeIsPossible.org>, the U.S. Department of Education's special toll-free number for college information (1-800-433-3243) and a comprehensive resource guide.

The campaign is in response to survey research conducted earlier this year that showed that, while parents and students value a college education, many dramatically overestimate the price, often by as much as 200 percent, and underestimate the resources that are available to them to help pay for college.

The danger, which America's colleges and universities hope to avert through this campaign, is that many citizens will miss out on the opportunity for a college education because they do not have adequate information about the range of options and sources of help.

The students most at risk are minority students, families with low incomes and students whose parents did not themselves attend college.

Colleges have an obligation to help Americans become better, more knowledgeable consumers of higher education, said American Council on Education President Stanley O. Ikenberry.

"No deserving student should be deprived of a college degree because he or she doesn't have the right information," he said. "We think this nationwide campaign will help close the information gap."

Findings from a survey released in May revealed that many Americans are not aware of the wide range of tuition prices and academic experiences among the 3,600 colleges and universities in the U.S.

Most people do not realize that there is \$60 billion available to students in financial aid from federal, state, local and institutional sources to help them meet college bills. Seven out of 10 full-time students qualify for financial aid – many receive a substantial amount.

At private colleges, for example, the average undergraduate receives \$9,000 to help pay for college, reducing expenses by almost half. Students at public colleges and universities also receive significant amounts of student aid, further reducing the price of attendance.

The survey research also demonstrated that parents and students need more information on the components of college costs and why they are on the rise.

The "College Is Possible" campaign will encourage colleges and universities to adopt creative and innovative cost-cutting measures, and better communicate with the public about the complexities of college financing. The campaign is slated to run through the year 2000.

Coalition members have committed to engage their communities on the issues of tuition prices, the wide availability of student aid and campus efforts to improve cost management. Through advertising and outreach at the local level, and a toll-free number and website available nationally, the coalition wants to get a simple three-word message out to the American people: College is Possible.

PUBLIC NOTICES

CITY OF LEMON GROVE NOTICE ADVERTISING FOR PROPOSALS

Sealed proposals will be received at Lemon Grove City Hall located at 3232 Main Street, Lemon Grove, California, up to the hour of 10:00 a.m. on November 24, 1998 for performing work as follows:

CITY HALL PLANNING COUNTER

CONTRACT NO. 98-22
PROJECT DESCRIPTION:

The work consists of remodeling and painting interior walls, replacing existing carpet, modifying electrical, telephone and building and installing a new planning counter.

The bid package may be obtained at Scantech, Inc. at (619) 495-0727 for a non-refundable charge of approximately \$15.00. All Bidders should direct their questions during the bidding period to Carmen Kasner, John Powell & Associates, Inc. at (760) 753-1120.

For contact time, see special provision section 4-5. Alternate Bid Schedules. Prosecution and completion of work. The Bidder for this Contract must possess a valid General Building Contractors 'B' License. The successful Bidder must have a City of Lemon Grove Business License prior to commencement of work. The City of Lemon Grove will not discriminate on the grounds of race, color, sex, or national origin.

Attention of Bidders is particular-

ly called to the requirements of wage rates to be paid under the Contract. It should be noted by all Bidders that the current State Prevailing Wage Rate Scale for the San Diego area will be required to be paid by all Bidders under the conditions of the Contract. Specifically, this Wage Scale is the most recent "General Prevailing Wage Determination Made By The Director of Industrial Relations Pursuant To California Labor Code Division 2, Chapter 1, Part 7, Article 2, 3, and 5." It shall be the responsibility of the Prime Contractor to comply with all applicable sections of the California Labor Code including, but not limited to, Sections 1776 and 1777.5.

The City Council reserves the right to reject any and all bids, any combination of bids, or any informality in a bid. Bids must be accompanied by a 10% bid bond as specified in Section 1, General Information for Bidders of the documents. No Bidder may withdraw his bid without forfeiture of his bid bond within sixty (60) days after the actual date of the bid opening.

The City of Lemon Grove complies with the Americans with Disabilities Act. If you require reasonable accommodations for this bid opening, contact the City Clerk's Office, (619) 464-6934, at least 48 hours prior to the scheduled opening.

Lemon Grove Review
November 3 & 10, 1998

Send your Fictitious Business Statement to

\$22! The Lemon Grove Review

Box 127, Lemon Grove, CA 91946

Free!

Forum Publications is not responsible for veracity of boxes, nor for the accuracy of the ads. We will only make corrections if box is to be rerun (separate application) more than once. We also reserve the right to reject any ad and will not guarantee that a particular free ad will be run (we will try).

WEIGHT BENCH, incline, Olympic, standard, leg curl, squat, butterfly attachments, 2"x2" construction, 300+ iron weights, straight, curl bar, 4 dumbbells, excellent, \$500. 560-8922.

FREE

CHEERLEADER DEVASTATED!!! Needs help finding her promise ring - lost on track during football game at Santana during homecoming last Friday. Reward offered! Please call 463-3335.

MASSAGE TABLES. Sports Tables of America. Supplying sports medicine coast to coast. We're local! Brochure, cash and carry from \$295! Demonstrations, call Eugene, 481-8603.

Text: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____

6. _____ 7. _____ 8. _____ 9. _____ 10. _____

11. _____ 12. _____ 13. _____ 14. _____ 15. _____

16. _____ 17. _____ 18. _____ 19. _____ 20. _____

21. _____ 22. _____ 23. _____ 24. _____ 25. _____

26. _____ 27. _____ 28. _____ 29. _____ 30. _____

Mail your copy to: P.O. Box 127, Lemon Grove, CA 91946

Mail to: **Forum Publications, Inc.**, P.O. Box 127, Lemon Grove, CA 91946

Exercise

Continued from Page 1

that some responsibility lies on the parents.

"Most truly obese students are not willing to move. They are embarrassed to do anything; they don't want to run," said Brown.

She added that the obese students know they need to exercise, while some think they need to. She said she has lots of students who put in the effort, but a huge percentage won't do anything and their parents write them a note for every mile.

McKenzie spoke specifically about the mile in relation to obese students, stating, "The problem is they need more appropriate physical activity. Running the mile, obese students work harder at half the speed and they get ostracized for it. They are putting a lot more effort into going slow."

The answer lies in education and legislation in combating obesity, he emphasized, adding that one can instruct people how to be active and to set goals.

He felt that legislation, in terms of providing opportunities to be active – safety considerations, places to play, parks and recreation, opening school facilities for public use and increased programs for the non-elite, was needed.

Designing good curriculum which is developmental-

ly appropriate for dealing with large numbers of students is also a factor, he commented, and that a move away from the standard play of elimination games such as dodge ball is important.

McKenzie also felt that games in which the unskilled get out quickly or ones like softball, where only two or three students are active at once, curtail necessary activity.

"People can learn without elimination – modifying games to make them more active," he said.

"We're kind of restricted," said Brown, "by facilities and class sizes which sacrifice physical education for high test scores."

According to McKenzie, the average amount of exercise teens should be getting each day depends on the level.

He said that there are different goals, that exercise for health is different than professional soccer players.

He noted that because there is no surveillance data, it is difficult to determine an exact amount of healthy exercise for children under 12.

The suggested amount of exercise is one hour a day of moderate physical activity. An example of moderate physical activity would be fast walking. This can easily

be accomplished by outdoor activity or walking to school rather than being driven.

"The hour is based on the fact that kids doing half an hour were still becoming obese," said the doctor.

Nutrition is the other side of the coin leading to obesity, with the consumption of high fat foods taking the lead over necessary fruits and vegetables.

"Teens are not getting enough fruits and vegetables," said McKenzie. "California is an ideal place to get them, but school lunches and vending machines are primarily filled with fatty foods."

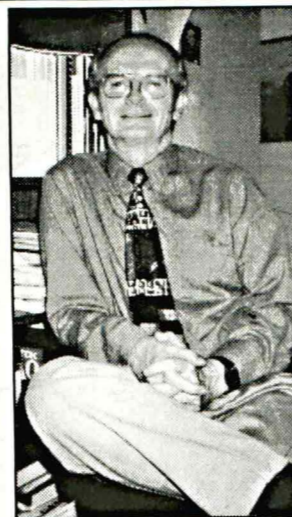
He said that we attempt to work with schools and food service programs to make available a variety of foods, aside from those high in fat, but nutrient dense food is more expensive.

According to the doctor, fat content in foods can be altered as simply as changing the amount of cheese on a pizza.

Brown suggested parents might be able to influence their children's food consumption by teaching what is healthy from the start.

"Start when their younger," she said, "because when children are young they are at the mercy of their parents and nutrition is something we need to start younger."

As a way to start, McKenzie participated in the research and development of



Dr. Thomas McKenzie

three projects designed to help improve physical education in schools and gather information for improvements in the future.

Information and instruction was provided to a variety of trial schools around East County and the United States.

CATCH (Child and Adolescent Trial for Cardiovascular Health, 1987-2000) targeted physical activity, eating and smoking behavior, and included physical education, food service and family intervention components.

Schools in La Mesa, Spring Valley and El Cajon participated in CATCH.

SPARK (Sports, Play, and Active Recreation for Kids, 1989-1996) was designed to develop and assess an ele-

mentary school health-related physical education and staff program.

SPARK curricula included a physical education program that emphasized physical activity, physical fitness and motor skills development, along with an innovative self-management program for children.

M-SPAN (Middle-School Physical Activity and Nutrition, 1996-2000) is a four year study of physical activity and nutrition intervention in 24 middle schools in San Diego County.

The overall goal is to investigate whether environmental changes can lead to improved physical activity and dietary habits of students throughout the school day.

Intervention schools receive staff development, materials and services to increase student activity levels and promote the consumption of less dietary fat.

According to the doctor, the three programs are very different in many aspects, including scope, magnitude, length and intervention in target behaviors.

CATCH, SPARK and M-SPAN were all initiated by multidisciplinary teams of university researchers involved in the development and evaluation of programs implemented by school personnel, and consisted of separate intervention and measurement teams.

All the programs were designed to promote physical activity.

East County senior triple medals in world games

Ann Martin of La Mesa was a triple medal winner at the Huntsman World Senior Games held in Saint George, Utah Oct. 12 - 25.

Martin took two silver medals and a bronze in swimming including the silver in the Individual Medley at the games which promote fitness, friendship, fun and healthy competition for seniors.

The primary sponsor is the Jon and Karen Huntsman Family and the Huntsman Companies. The games began in 1987 with about 500 participants and have grown each year since.

This is the 12th running of these games and included more than 4,000 male and female athletes 50 and over. Participants from each of the states in the U.S. and 36 other countries have participated in these games. This year, there were 22 events.

The sports involved were tennis, golf, swimming, basketball, softball, cycling, mountain biking, track and



Ann Martin

field events, racquetball, road racing, horseshoes, bowling, bridge, soccer, table tennis, volleyball and triathlon.

These games also feature health screening education and social events for the participants.

In 1999, the Huntsman World Senior Games will be held Oct. 11 through 24 in Saint George. For more information, call (800) 562-1268 or contact the games at www.infowest.com/hwsg

The programs are implemented in the hope of motivating children to be active after school, on weekends and the rest of their lives.

Some suggestions for physical education teachers included planning games that encourage movement but do not eliminate participants, provide high rates of positive feedback to those actively engaged, having the teacher participate occasionally in a game or activity and using inclusive, low competition tournaments and special events to inject new and exciting variations.

Suzanne Mollenhauer has been teaching for 12 years and is now a physical education instructor at La

Presa Middle School in Spring Valley.

"We try to modify to fit the needs of the student, instituting special programs so they won't give up," she said. "We try to encourage them, so they feel successful."

Michelle Lamar, who teaches physical education at Cajon Valley Middle in El Cajon, motivates her students by expecting them to do only what they are capable of doing.

"With the new programs, we have less students who simply say 'no,'" said Brown, "and we try to treat the students fairly and get to know them on an individual basis, adjusting the curriculum to meet their needs."

East County and CIF

Prep Sports Schedule

(as available)

Tuesday, Nov. 10 - Tuesday, Nov. 17

(check with schools for times)

Tuesday (11/10) - GIRLS VOLLEYBALL: CIF Div. I-II first round/Div. III-IV Quarterfinals (at higher seed).

Wednesday (11/11) - BOYS WATERPOLO: CIF Div. II first round (at higher seed). GIRLS VOLLEYBALL: CIF Div. III-IV Quarterfinals. Div. V first round (at higher seed).

Thursday (11/12) - BOYS WATERPOLO: CIF Div. I first round (at higher seed). GIRLS VOLLEYBALL: CIF Div. I-II Quarterfinals (at higher seed).

Friday (11/13) - FOOTBALL: West Hills at Santana, El Capitan at Grossmont, El Cajon Valley at Mount Miguel, Helix at Granite Hills, Monte Vista at Valhalla. GIRLS VOLLEYBALL: CIF Div. V Quarterfinals (at higher seed).

Saturday (11/14) - BOYS WATERPOLO: CIF Div. I II Quarterfinals at Jewish Community Center (all day). GIRLS VOLLEYBALL: CIF Div. I-II-III-IV semifinals (at higher seed).

Monday (11/16) GIRLS TENNIS: CIF first and second rounds individual singles at Barnes Tennis Center.

Tuesday (11/17) - BOYS WATERPOLO: CIF Div. I II Semifinals at Jewish Community Center. GIRLS TENNIS: CIF first and second rounds individual doubles at Barnes Tennis Center.

\$33

For this space!
Reach 6 East County
communities every Tuesday
Call Dan immediately!
461-4306

Internet for \$14.40 a month

**with 1 year prepay
PLUS FREE PERSONAL WEBSITE**

**Call Doug at ADN
576-4272 ext 229**

ADN